

CELEBRATE WINTER

A NEWSLETTER OF THE
CHILD HEALTH AND DISABILITY
PREVENTION PROGRAM

2650 Breslauer Way, Redding CA 96001 (530) 225-5122 or (800) 300-5122

Turtle Bay offers 'Five & Dime' discount days

On the 5th and 10th of every month, admission is \$5 for kids, \$10 for adults, free for kids 3 and under.

First Fridays with First 5 provides children ages 0–5 and their caregivers FREE access to Turtle Bay Exploration Park on **the First Friday of every month!** Reserve tickets for this day at turtlebay.org and gain access to exhibitions, playgrounds, animal exhibits and more.

TEST DRIVE TURTLE BAY. Free Day Admission: Check out a pass from Shasta Public Libraries' Redding Branch (1100 Parkview Avenue). Good for you and one guest. **TURTLE BAY FOR ALL:** EBT card holders pay \$3 per person with valid EBT card & photo ID. Questions? Call (530) 243-8850.



Kids Sick with Lead Don't Look Sick

Lead poisoning can harm a child's brain and cause learning and behavior problems that may last a lifetime.

Most children who are poisoned by lead **do not look or act sick.** Symptoms, if present, may be confused with common childhood complaints, like stomachache, crankiness, loss of appetite, or headaches.

You might see these symptoms:

- Nausea**
- Anemia**
- Constipation**
- Weight loss**
- Inability to sleep**
- Irritability**
- Dizziness**
- Headache**

A blood test is the **ONLY** way to know the Blood Lead Level (BLL) of your child. Talk to your child's health care provider to see if your child is at risk for lead poisoning.



Redding Library Storytimes

- Mondays • 6pm**
Sweet Dreams Storytime
Interactive storytime for the whole family to enjoy before bedtime.
- Tuesdays • 11am**
Little Learners
Stories and activities with a focus on learning early skills. Ages 4-6.
- Wednesdays • 11am**
Toddler Time
Get early literacy started with stories and social interaction. Ages 2-4.
- Thursdays • 11:30am**
Baby Bookworms
Start literacy early. Playtimes & stories for babies and caregivers. Ages 0-2.

SHASTA Public Libraries

Fluoride varnish, sealants protect kids' teeth

School Readiness Tip from Toothy

Sealed teeth are protected teeth. Medi-Cal Dental covers molar sealants for children and teens up to age 21.

smile CALIFORNIA

"Dental health is very important. Protecting the brightness and strength of your smile is a big part of the overall health picture for your children."
—Redding dentist Dr. Lila Wilson, DDS

Sealants are a great way to protect your little one's teeth from cavities. These quick, easy and painless molar coatings are covered by Medi-Cal — up to the age of 21! To learn more about how molar sealants prevent cavities, visit SmileCalifornia.org.

Come to Redding Library Storytime

Wednesdays
11am

Whether you have a walker or a wiggler, toddlers and caregivers can learn social interaction and develop early literacy skills. Ages 2-4.

**TODDLER
TIME**



SHASTA
Public Libraries

Free Health Exams, Immunizations

Uninsured or no preventive care insurance?

The Child Health and Disability Program (CHDP) provides FREE children's health exams and immunizations.

Call to find out if you qualify:

(530) 225-5122 or (800) 300-5122.



Slow Cooked Meat & Onion Stew

Ingredients

2 pounds beef, pork, or chicken.
Trim fat and skin off.
 $\frac{3}{4}$ cup Worcestershire sauce
1 tsp. garlic powder
2 onions, small, chopped
4 potatoes, medium, chopped
4 carrot, chopped
2 stalks celery, chopped
 $10\frac{3}{4}$ ounces cream of mushroom soup
2 ounces dry onion soup mix, packaged



Photo attribution: My Tu Duong

Directions

1. With a fork or knife, poke several holes in meat.
2. Set meat in a bowl or resealable bag and cover with Worcestershire sauce. Refrigerate for several hours or overnight.
3. Place all ingredients, except potatoes, in a slow cooker.
4. Add 3 cups of water.
5. Cook on high for 3 hours.
6. Add potatoes and cook on low until done, 3-4 more hours.

Source: [The Tenderloin Cooking School Cookbook](#), CalFresh Healthy Living – [EatFresh.org](#)

